

**Raleigh Parks, Recreation and  
Cultural Resources**

# **Adult Program**

**May-August, 2014**

**Anne Gordon Center for Active Adults**

1901 Spring Forest Road

Raleigh, NC 27615

919-996-4720

[annegordoncenter@raleighnc.gov](mailto:annegordoncenter@raleighnc.gov)

**Five Points Center for Active Adults**

2000 Noble Road

Raleigh, NC 27608

919-996-4730

[fivepointscenter@raleighnc.gov](mailto:fivepointscenter@raleighnc.gov)



**Steve White**  
919-996-4730

Recreation Program Director  
[Steve.White@raleighnc.gov](mailto:Steve.White@raleighnc.gov)

**Carmen Rayfield**  
919-996-4720

Recreation Program Manager  
[Carmen.Rayfield@raleighnc.gov](mailto:Carmen.Rayfield@raleighnc.gov)

**Jennifer Tabery**  
919-996-4730

Assistant Director, Five Points Center  
[Jennifer.Tabery@raleighnc.gov](mailto:Jennifer.Tabery@raleighnc.gov)



**RALEIGH** Parks,  
Recreation and  
Cultural Resources  
[parks.raleighnc.gov](http://parks.raleighnc.gov)





**FIVE POINTS CENTER FOR ACTIVE ADULTS**  
 2000 NOBLE ROAD, RALEIGH, NC 27608  
 Phone: 919-996-4730  
 Fax: 919-508-5134  
[FivePointsCenter@raleighnc.gov](mailto:FivePointsCenter@raleighnc.gov)



**ANNE GORDON CENTER FOR ACTIVE ADULTS**  
 1901 SPRING FOREST ROAD, RALEIGH, NC 27615  
 Phone: 919-996-4720  
 Fax: 919-431-8090  
[AnneGordonCenter@raleighnc.gov](mailto:AnneGordonCenter@raleighnc.gov)



**HOURS OF OPERATION:** Monday—Friday 9:00 AM - 6:00 pm  
 The Active Adult Centers will be closed on May 27 (Memorial Day) and July 4 (Independence Day).

## How to Register

### Mail-In

Send registration form and payment to either Active Adult Center

### Walk-In

Bring your completed registration form and payment to any staffed Parks and Recreation sites during regular business hours.

*\*Trip registrations must be mailed or taken to Anne Gordon Center for Active Adults or Five Points Center for Active Adults.*

### Online with Reclink

Visit [Reclink.raleighnc.gov](http://Reclink.raleighnc.gov)

Reclink allows you to search for programs age, location, barcode, or keyword. With your Family PIN and Client Barcode you can then complete your registration and payment online.

***\*Trip registrations are not accepted online.***

## Don't Wait— Register Early!

**Did you know that programs, classes, and trips that have not met the minimum number of registrants 2 weeks prior to the start date will be cancelled? Registering early allows program staff time to plan accordingly and eliminates the cancellation of programs.**



## How to read course listings

**EXAMPLE:**

Class Title	→ <b>Basics with Barb</b>				
	For those who have taken Introduction to Computer Applications in the past or have previous experience with computers and just want a refresher.				
Course Location	→ <b>Five Points Center for Active Adults</b>		Class Fee: \$40	←	Class Fee
	#129908	May 5-12	W	9:30 AM-11:30 AM	
	↑	↑	↑	↑	
	Class Barcode	Class Dates	Class Day	Class Time	

## Art

### Acrylic Painting

This class is perfect for those who want to learn the basics of acrylic painting. Instruction on basic techniques, color palettes and choosing subject matter will be covered.

Students will be given a materials list to purchase on their own. Instructor: John Duzs.

<b>Five Points Center for Active Adults</b>	Course Fee: \$20
#155779 May 7-Aug 27 W	12:30 PM-3:00 PM
#155780 May 5-Aug 25 M	10:30 AM-1:30 PM

### Art - Gouache

Gouache (pronounced gwash) is an opaque water color paint. Traditional watercolors are transparent. You can see through the painted layers...the color of the paper and lower layers of paint affect the layers painted on top. Gouache, on the other hand, is solid. Layers can be built up. The surface is matte finish when dry. Gouache is diluted with water, so brushes and other painting materials can be cleaned easily with soap and water. Instructor Pam Baldwin

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$8
#159364 May 2-30 F	12noon-1:30 PM
#159365 June 6-27 F	12noon-1:30 PM
#159366 July 11-25 F	12noon-1:30 PM
#159367 Aug 1-29 F	12noon-1:30 PM

### Ceramics Basics- Painting Greenware

This class introduces students to painting greenware to create beautiful pieces. Students will be given a supply list to purchase necessary materials on their own.

Instructor: Ann Long.

<b>Five Points Center for Active Adults</b>	Course Fee :\$0
#156680 May 7-Aug 27 W	9:30 AM-12:00 PM

### Joyful Chorus

Enjoy singing? Share your enthusiasm by joining the Joyfuls. Sing for various clubs, organizations, groups, and events.

<b>Five Points Center for Active Adults</b>	Course Fee :\$0
#156709 May 5-Aug 25 M	12:00 PM-1:00 PM

### Knitting and Crocheting

This class is for knitters and crocheters of all levels. Learn basic and new techniques or work on your projects as you socialize with others. Instructor: Judy Bregler

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$10
#159543 May 6-June 24 Tu	2:00 PM-4:00 PM
#159544 May 8-June 26 Th	2:00 PM-4:00 PM
#159545 July 8-Aug 26 Tu	2:00 PM-4:00 PM
#159546 July 10-Aug 28 Th	2:00 PM-4:00 PM

### Make Your Own Greeting Cards

Participants will learn techniques for using old greeting cards, magazines, scrap paper, and stamps to create personal greeting cards.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$20
#155486 Jun 12 Th	1:00 PM-3:30 PM
<b>Five Points Center for Active Adults</b>	Course Fee: \$20
#155485 Jun 17 Tu	1:00 PM-3:30 PM



## Computer

### Beginning Computers and E-mail

This beginner level course will introduce new users to the use of a computer and its components, creating and saving documents, and basic email skills. This class is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688.

<b>Five Points Center for Active Adults</b>	Course Fee: \$42
#157928 Jul 8-Aug 26 Tu	1:30 PM-3:30 PM

### Beginning Excel

Learn to use Excel for basic calculations. At the completion of the course, students will be able to use Excel for basic calculations and reports/graphs. This seminar is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688. Prerequisite: Intro to Computer Applications or basic computer skills.

<b>Five Points Center for Active Adults</b>	Course Fee: \$12
#157922 May 9 F	9:30 AM-11:30 AM

### Creating Documents with WordPad

This course introduces Word Processing basics, such as paragraph formatting, font style and size. Page layout and document printing are also covered. This class is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688

<b>Five Points Center for Active Adults</b>	Course Fee: \$27
#157932 Jul 11-Aug 1 F	9:30 AM-11:30 AM

### Exploring Files and Folders

This course teaches data management techniques using Windows 7. You will learn to create folders and organize your data so that it will be easy to retrieve. You will use Windows Explorer to create and manage your file structure. This class is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688. Prerequisite: Intro to Computer Applications or equivalent experience.

<b>Five Points Center for Active Adults</b>	Course Fee: \$27
#157933 May 7-28 W	1:30 PM-3:30 PM

# Computer cont.

## Exploring the Internet

This course teaches proper and safe ways to use the Internet. Basic browsing, file downloading, bookmarking, favorites, and security concepts. Email concepts include: saving attachments, sending emails with attachments, and filing emails in folders. This class is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688.

<b>Five Points Center for Active</b>	Course Fee: \$37
#157934 May 6-Jun 10 Tu	1:30 PM-3:30 PM

## Google Can Do That?

In this workshop, you will learn about and use several free Google applications. This includes Google Maps, Earth, Drive, Books, YouTube, Calendar and others. This seminar is offered by Raleigh SeniorTechEd. For more information, please call 919-954-3688. Prerequisite: Intro to Computer Applications or basic computer skills.

<b>Five Points Center for Active Adults</b>	Course Fee: \$17
#157937 May 15-22 Th	1:30 PM-3:30 PM

## Introduction to Computer Applications

This course is for students who have some knowledge of computers, mouse movement, and are familiar with the keyboard. The basics of word processing, file management, databases, spreadsheets, and the internet are covered. This class is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688.

<b>Five Points Center for Active Adults</b>	Course Fee: \$42
#157938 May 5-Jun 30 M	1:30 PM-3:30 PM
#157939 May 6-Jun 24 Tu	9:30 AM-11:30 AM

## iPad: Going Further With Your iPad

This course will show you how to sync with your Mac or PC and get your contacts transferred, create contact groups and calendars. Facetime, the App Store, eBook readers, and how to borrow eBooks for free from the Wake County Library will also be taught. Bring your questions from the first course, as well as your iPad.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#158738 Jun 18 W	2:00 PM-4:00 PM
<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#158739 Aug 6 W	11:30 AM-1:30 PM

## iPad: Introduction

The iPad, iPhone, and iPod Touch are creating a revolution in computers and the way we live. This course will teach how to set up these devices and provide a brief overview of the many applications (apps) available. Bring your own iPad, iPhone, or iPod Touch.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#158736 Jul 9 W	2:00 PM-4:00 PM
#158737 Aug 13 W	2:00 PM-4:00 PM
<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#158735 Jun 11 W	11:30 AM-1:30 PM

## iPad: Introduction to iCloud

iCloud is a service that allows users to securely store personal computer files on Apple's iCloud servers so that the file may be accessed from multiple devices. It is also used for syncing multiple devices including your iPad, iPhone, iPod and PCs running Mac OS or Windows. Consider it a highly capable personal Internet hard drive! You will be shown how to set up an account and make the best use of the service. Bring your own iPad, iPhone or iPod Touch.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#158740 Jun 11 W	2:00 PM-4:00 PM
#158742 Aug 6 W	2:00 PM-4:00 PM
<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#158741 Jul 16 W	11:30 AM-1:30 PM

## iPad: Sharing Digital Photos

This workshop will teach how to share digital photographs taken with your iPhone, iPod or iPad using Apple's free Shared Photo Stream feature. Setup, adding photos and how to alert friends of new photos will be discussed. Other services such as Flickr and Shutter Bug will also be described.

<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#158744 Jul 9 W	11:30 AM-1:30 PM

## Protect Your Computer

Keep viruses from invading your system with tips from our presenter that show you how to determine whether web sites and links are safe to click on for information. Also, anti-virus programs will be suggested for you to use. This seminar is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688. Prerequisite: Intro to Computer Applications or basic computer skills.

<b>Five Points Center for Active Adults</b>	Course Fee: \$12
#157947 May 2 F	9:30 AM-11:30 AM
#157948 May 16 F	9:30 AM-11:30 AM
#157949 Aug 15 F	9:30 AM-11:30 AM
#157950 Aug 29 F	9:30 AM-11:30 AM

## Skype for Beginners

Learn how to use Skype to communicate with friends and family. This Class is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$12
#157952 Jun 6 F	9:30 AM-12:00 PM
<b>Five Points Center for Active Adults</b>	Course Fee: \$12
#157951 Jul 9 W	1:00 PM-3:30 PM

## Windows 7 Operating System

You will learn how the Windows operating system allows you to manage files and folders on your computer, customize your PC to suit your individual preferences, and maintain it for optimum performance. Although this class is based on Windows 7, the concepts & techniques covered also apply, in large measure, to Windows Vista and XP. This class is brought to you by Raleigh SeniorTechEd. Please call 954-3688 with questions.

<b>Five Points Center for Active Adults</b>	Course Fee: \$42
#157936 May 7-Jun 25 W	9:30 AM-11:30 AM



**WINDOWS 8 Overview**

Learn the basics of the new Windows 8 operating system. This class is brought to you by Raleigh Senior TechEd.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$12
#157957 Jun 20 F	9:30 AM-12:00 PM
#157958 Jul 25 F	1:30 PM-3:30 PM
<b>Five Points Center for Active Adults</b>	Course Fee: \$12
#157955 May 23 F	1:00 PM-3:30 PM

**Windows Live Photo Gallery**

Learn to use Windows Live Photo Gallery, a free program, to create, edit, and share your photos. This class is brought to you by Raleigh SeniorTechEd. For more information, please call 919-954-3688.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$17
#157960 Jul 15-22 Tu	1:30 PM-3:30 PM
<b>Five Points Center for Active Adults</b>	Course Fee: \$17
#157959 Jun 12-19 Th	9:30 AM-12:00 PM



## Educational

**Basics of Probate**

Tom McCuiston from McCuiston Law Offices, PLLC will discuss the legal documents and procedures you need to have for probate. Co-sponsored by Resources for Seniors.

<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#157911 Jul 22 Tu	1:00 PM-2:00 PM

**Blood Pressure Screening**

Take advantage of these FREE blood pressure screenings offered by Dr. Casey Baldwin with Resources for Seniors and Kindred Transitional Healthcare.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#156658 May 7-Aug 22 1st Wed	9:30 AM-10:15 AM
	4th Fri 12noon-1:30 PM
<b>Five Points Center for Active</b>	Course Fee: \$0
#156657 May 6-Aug 18 1st Tues	9:30 AM-10:15 AM
	2nd Wed 9:30 AM-10:15 AM

**Brain Power!**

Learn simple ways to maintain and boost mental acuity. We will explore a different topic each month. Facilitated by Resources for Seniors.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#156661 May 20-Aug 19 3rd Tu	1:00 PM-2:00 PM
<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#156662 May 21-Aug 20 3rd W	1:00 PM-2:00 PM

**Caring for Your Aging Pets**

Danielle Lindquist, DVM Candidate at NCSU, will share the best practices for caring for aging pets, including changing needs, diet, exercise, and vet visits. Co-sponsored by Resources for Seniors.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#159542 June 4 W	1:00 PM-2:00 PM
<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#159358 Jun 5 Th	1:00 PM-2:00 PM

**Frugality: The New Normal**

Being frugal does not begin with your wallet, it begins in your head. If you develop a frugal mindset, you will find yourself applying frugality in your everyday life and it will become a habit in everything you do. The secret is to allow this mindset to make you feel empowered, not deprived. Co-Sponsored by Resources for Seniors and Wake Extension Agency.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#157915 Jul 17 Th	1:00 PM-2:30 PM
<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#157914 Jul 22 Tu	10:15 AM-11:30 AM

**Genealogy**

Learn how to research your family history and possibly discover some exciting fact about your ancestors! The Wake County Public Library system, The State of NC library system, the Raleigh Family History Center, and online resources such as ancestry.com will be used. Then learn what to do with the information once you gather everything. Field trips may not meet at scheduled class dates and times.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#159398 May-Aug 1st Th	1:00 PM-3:00 PM

**Get That monkey Off Your Back**

Getting a handle on your spending and savings has the power to change your life. However, it does take work to achieve what you want. This three part series will start you on the road to financial freedom. Co-Sponsored by Resources for Seniors and Wake Extension Agency.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#157921 Aug 14-28 Th	1:00 PM-2:30 PM
<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#157920 Aug 4-18 M	2:00 PM-3:30 PM

**Health Talks with Dr. Baldwin**

Dr. Casey Baldwin, RFS Senior Care Pharmacist will discuss an important health topic for older adults. Co-Sponsored by Resources for Seniors.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#156703 May 7-Aug 6 1st W	10:15 AM-11:30 AM
<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#156704 May 6-Aug 5 1st Tu	10:15 AM-11:30 AM

**Hearing Screening**

Resources for Seniors and Beltone Hearing Care Centers will be offering FREE Hearing Screenings. The screening lets you know if your hearing falls within normal hearing range. In addition to the screening, come and see what the inside of your ears look like. Pre-registration is required.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#158840 May 23 F	10:00 AM-1:00 PM

## Educational cont.

### Issues In Elderlaw

Join Raleigh attorney Bill Blakemore for a discussion on some of the most significant issues in elder law. Topics will include wills, powers of attorneys, living wills and other important estate planning documents; Veterans benefits available to both the Veteran and his or her spouse; and recent developments in the law affecting seniors.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#158726 Jun 16 M 1:00 PM-2:30 PM	
<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#158725 Jun 26 Th 1:00 PM-2:30 PM	

### Living Healthy: Chronic Pain Self- Management

This course will enable participants to assume a major role in their health and managing their pain.

<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#157868 May 6-Jun 10 Tu 1:00 PM-3:30 PM	

### Living Healthy: Diabetes Management

This course will enable participants to assume a major role in managing their health, including diabetes management.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#157867 May 5-Jun 16 M 1:00 PM-3:30 PM	

### Medicare 101

The Seniors' Health Insurance Information Program (SHIIP), a division of the NC Department of Insurance, will provide an explanation of Medicare and its programs.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#159319 Jun 11 We 1:30 PM-3:30 PM	
<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#159320 May 8 Th 10:00 AM-12:00 PM	
#159321 Aug 7 Th 1:30 PM-3:30 PM	

### Medicare and Your Financial Future

Are you confused about Medicare? What it covers, what it does not cover. Your option, rights, entitlements and changes. This seminar will review Medicare as it relates to you and your financial future. What the Affordable Care Act provides for you. Prescription Drug Plans can be daunting, this seminar will review how all these plans work with your Medicare. Learn the new changes and benefits for you.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#158734 May 28 W 3:00 PM-4:00 PM	
<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#158733 May 21 W 3:00 PM-4:00 PM	

### Memoir Writing

Using prompts, participants will write short memoir pieces. Class time will alternate between writing and sharing. At the end of the session, the instructor will assemble a book of participants' memoirs which will be available for purchase.

<b>Five Points Center for Active Adults</b>	Course Fee: \$30
#155487 Jun 4-25 W 9:00 AM-12:00 PM	

"I hadn't taken any classes for several years and was happily flabbergasted when I googled and saw all the great classes offered now!" Anonyms

### Organization: Throw out 50 Things

Our lives are filled with so many things that hold us back, fill us with guilt, and emotionally weigh us down. Once you get rid of 50 things, you will see how easy it is to continue the process. This class will give you the jump start you need to go down the road to simplicity. Taught by Eileen Stevie of Stevie Organizing Services.

<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#159307 May 5 M 1:00 pm-2:00 pm	

### Protecting Your Assests

With the increasing costs of nursing homes and medical care, long term care expenses can quickly wipe out all of your savings as well as other assets that you would otherwise be able to preserve and pass along to your loved ones. Join Raleigh attorney Bill Blakemore to learn about how to structure your assets to protect your home and savings from the exorbitant costs of nursing home care.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#158724 May 29 Th 1:00 PM-2:30 PM	
<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#158723 May 27 Tu 1:00 PM-2:30 PM	

### Protecting Your Good Name

'But he that filches from me my good name/Robs me and makes me poor indeed.' (Othello, act iii) This workshop focuses on the crime of identity fraud, when one wrongfully obtains and uses another person's personal data. The workshop informs how individuals can take precautions to protect themselves and provides strategies should one become a victim. Timely information from the North Carolina Department of Justice will be shared. Co-Sponsored by Resources for Seniors and Wake Extension Agency.

<b>Anne Gordon Center for Active Adults</b>	Course Fee: \$0
#157898 Jun 19 Th 10:15 AM-11:30 AM	
<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#157896 Jun 16 M 2:00 PM-3:30 PM	
#157897 Jun 24 Tu 10:15 AM-11:30 AM	

### Resources for Seniors: Who Are We & How Can We Help

Resources for Seniors will provide a detailed overview of their agency and the many resources that can be valuable to you or your loved ones.

<b>Five Points Center for Active Adults</b>	Course Fee: \$0
#157904 May 23 F 10:15 AM-11:15 AM	

### SHIIP Counseling Appointments

Did you know that there are 31 insurance companies licensed to sell supplement and advantage plans to seniors in Wake County, in addition to Medicare? These 1:1 appointments will help you to understand your options with the Senior Health Insurance Information Program (SHIIP). Our SHIIP expert will help you identify the top two or three plans that best meet your needs. You must pre-register for an appointment. Please bring your Medicare card and a list of current prescriptions you are currently taking.

<b>Anne Gordon Center</b>	Course Fee: \$0
#157899 2nd/4th Monday 12:00 PM-3:00 PM	
<b>Five Points Center</b>	Course Fee: \$0
#157899 Wednesday 1:00 PM-4:00 PM	
#157899 1st/3rd Thursday 10:00 AM-12:00 PM	
#157899 1st/3rd Friday 1:00 PM-4:00 PM	

## Educational cont.

### **Understanding Social Security Strategies**

This class will provide information on how Social Security fits into your retirement income plan, when benefits should be taken, and how taxes are best handled. Presented by Resources for Seniors and Edward Jones Investments

**Five Points Center for Active Adults** Course Fee: \$0  
#159306 Jun 17 Tu 11:00 AM-12:00 PM

### **Who Gets Grandma's Pie Plate?**

Everyone agrees that family members need to talk about estate planning issues before there is a crisis or someone is not able to communicate. The transfer of non-titled property (such as photographs and personal belongings) can be a particularly difficult decision for both givers and receivers. These belongings often have sentimental, historical or emotional value, that can create huge challenges among family members. How should we transfer non-titled property? Sponsored by Resources for Seniors and Wake Extension Agency.

**Anne Gordon Center for Active Adults** Course Fee: \$0  
#157909 May 22 Th 1:00 PM-2:30 PM

**Five Points Center for Active Adults** Course Fee: \$0  
#157907 May 19 M 2:00 PM-3:30 PM  
#157908 May 27 Tu 10:15 AM-11:30 AM

## Fitness

### **60 Seconds to Good Health**

Eat lunch later - exercise now! This lunchtime class features interval training designed to improve muscle strength and is a sure way to take your fitness to a higher level. All it takes is 60 seconds! Instructor: Jane Stenhouse.

**Five Points Center for Active Adults** Course Fee: \$8  
#155464 May 5-26 M 11:45 AM-12:45 PM  
#155465 Jun 2-30 M 11:45 AM-12:45 PM  
#155466 Jul 7-28 M 11:45 AM-12:45 PM  
#155467 Aug 4-25 M 11:45 AM-12:45 PM

### **Ageless Grace**

21 simple tools for lifelong comfort and ease! Each of the 21 tools focuses on specific areas of the brain and body to improve balance, flexibility, cognitive function and more, all while sitting in a chair. It's fun and best of all, it's easy! Visit [www.agelessgrace.com](http://www.agelessgrace.com) for more information.

**Five Points Center for Active Adults** Course Fee: \$8  
#155785 May 7-28 W 2:00 PM-2:45 PM  
#155786 Jun 4-Jul 2 W 2:00 PM-2:45 PM  
#155787 Jul 9-30 W 2:00 PM-2:45 PM  
#155788 Aug 6-27 W 2:00 PM-2:45 PM

### **BeneFitness**

Strengthen your muscles, improve your range of motion, balance, flexibility, and strength through low impact aerobics, stretching, and light weights. Come and enjoy the benefitness of exercise! Instructor: Bill Unger.

**Five Points Center for Active Adults** Course Fee: \$0  
#155789 May 1-29 Th, Tu 9:30 AM-10:15 AM  
#155790 Jun 3-26 Tu, Th 9:30 AM-10:15 AM  
#155791 Jul 1-31 Tu, Th 9:30 AM-10:15 AM  
#155792 Aug 5-28 Tu, Th 9:30 AM-10:15 AM

### **Cardio Sculpt**

Cardio Sculpt is a combination class that helps burn fat and build lean muscles. Half of the class is spent doing low impact aerobic exercises; the other half is spent sculpting major muscle groups. Come get a healthy heart and sculpted muscles all in one class! All levels are welcome.

Instructor: Jane Stenhouse.

**Five Points Center for Active Adults** Course Fee: \$8  
#156666 May 5-26 M 10:15 AM-11:15 AM  
#156667 Jun 2-30 M 10:15 AM-11:15 AM  
#156668 Jul 7-28 M 10:15 AM-11:15 AM  
#156669 Aug 4-25 M 10:15 AM-11:15 AM  
#156670 May 7-28 W 10:15 AM-11:15 AM  
#156671 Jun 4-25 W 10:15 AM-11:15 AM  
#156672 Jul 9-30 W 10:15 AM-11:15 AM  
#156673 Aug 6-27 W 10:15 AM-11:15 AM

### **Drumming for Fitness**

Improve your physical and mental fitness, burn fat, and release stress all while having fun. We combine traditional no to low impact aerobic movements with the powerful beat and rhythm of drums. You will use foam drumsticks (provided) on chairs. This class can be adjusted for individuals seeking a higher impact aerobic activity.

**Anne Gordon Center for Active Adults** Course Fee: \$8  
#155422 May 7-28 W 2:30 PM-3:15 PM  
#155423 Jun 4-25 W 2:30 PM-3:15 PM  
#155424 Jul 2-30 W 2:30 PM-3:15 PM  
#155425 Aug 6-27 W 2:30 PM-3:15 PM

**Five Points Center for Active** Course Fee: \$8  
#155411 May 6-27 Tu 2:45 PM-3:30 PM  
#155412 Jun 3-24 Tu 2:45 PM-3:30 PM  
#155413 Jul 1-22 Tu 2:45 PM-3:30 PM  
#155414 Aug 5-26 Tu 2:45 PM-3:30 PM

**Lake Lynn Community Center** Course Fee: \$8  
#155418 May 7-28 W 9:00 AM-9:45 AM  
#155419 Jun 4-25 W 9:00 AM-9:45 AM  
#155420 Jul 2-23 W 9:00 AM-9:45 AM  
#155421 Aug 6-Sep 3 W 9:00 AM-9:45 AM

### **Five Points Fitness Room**

Take advantage of the variety of cardiovascular and strength training equipment available at the Five Points Center for Active Adults and get into shape. The fitness room is open during normal operating hours, but will be closed for 'Group Fitness Training' classes on M, W, F 10:15 am-11:00 am and 2:00 pm-2:45 pm. Participants must complete a fitness room orientation with one of the fitness instructors prior to use. Orientations may be scheduled in person or by calling 919-996-4730.

### **Five Points Fitness Room Orientation**

Meet with a fitness instructor who will show you the proper way to use the equipment in the fitness room, including body mechanics and machine usage.

**Five Points Center for Active Adults** Course Fee: \$0  
#156693 May 1-Aug 28 T,TH 9:00 AM-9:30 AM  
May 1-Aug 28 T W,TH 3:15 PM-3:45 PM

"They completely enrich my family's life, and the main reasons are that they are affordable and accessible." Anonyms





## Fitness cont.

### Group Fitness

This course provides further instruction on fitness equipment in the Five Points Center for Active Adult's fitness room for those who have completed fitness room orientation. Small class sizes allow for more one-on-one assistance from our group fitness instructors. All ability and experience levels welcome!

Five Points Center for Active Adults		Course Fee: \$4	
#156701	May 1-Aug 28 T,Th	10:30 AM-11:15 AM	
	Mau 1-Aug 28 T,W,Th	2:15 PM-3:00 PM	

### Line Dance - Introduction To Line Dance

This class is for those students with no line dance experience. Come learn the basic steps and join the fun!

Instructor: Mitzi Kelly.

Anne Gordon Center for Active Adults		Course Fee: \$0	
#155394	May 2-30 F	2:15 PM-3:15 PM	
#155395	Jun 6-27 F	2:15 PM-3:15 PM	
#155396	Jul 11-25 F	2:15 PM-3:15 PM	
#155397	Aug 1-29 F	2:15 PM-3:15 PM	

### Line Dance- Beginner/Improver

This class is designed for those who have some line dance experience and are ready to move on to learn additional dance steps. Instructor: Mitzi Kelley.

Anne Gordon Center for Active Adults		Course Fee: \$0	
#155399	May 2-30 F	1:00 PM-2:00 PM	
#155400	Jun 6-27 F	1:00 PM-2:00 PM	
#155401	Jul 11-25 F	1:00 PM-2:00 PM	
#155402	Aug 1-29 F	1:00 PM-2:00 PM	
Five Points Center for Active Adults		Course Fee: \$0	
#155403	May 7-Jun 2 M, W	1:00 PM-2:00 PM	
#155404	Jun 2-25 M, W	1:00 PM-2:00 PM	
#155405	Jul 2-30 M, W	1:00 PM-2:00 PM	
#155406	Aug 4-Sep 3 M, W	1:00 PM-2:00 PM	

### Line Dance- Intermediate Level

This class is for the experienced dancer would like the challenge of learning more difficult, advanced dances.

Instructor: Mitzi Kelley.

Five Points Center for Active Adults		Course Fee: \$0	
#155407	May 5-28 M, W	2:00 PM-3:00 PM	
#155408	Jun 2-25 M, W	2:00 PM-3:00 PM	
#155409	Jul 2-30 M, W	2:00 PM-3:00 PM	
#155410	Aug 4-27 M, W	2:00 PM-3:00 PM	

### Line Dance Open Studio

Join us for this fun and informal line dance program. No previous line dancing experience is required. Enjoy dancing to some old favorites while making new friends!

Five Points Center for Active Adults		Course Fee: \$0	
#155398	May 2-Aug 29 F	1:30 PM-3:00 PM	

### Pilates for Active Adults

Pilates takes a holistic approach to fitness and well-being. It stretches and strengthens the muscles while improving flexibility, core strength, and balance. Modifications are shown for those with back, knee, and neck issues. Participants must be able to get on a mat on the floor.

Five Points Center for Active Adults		Course Fee: \$8	
#158278	May 5-26 M	9:15 AM-10:00 AM	
#158279	Jun 2-30 M	9:15 AM-10:00 AM	
#158280	Jul 7-28 M	9:15 AM-10:00 AM	
#158281	Aug 4-25 M	9:15 AM-10:00 AM	

### Qi Gong for Back Pain

This class will teach you a series of gentle Qi Gong movements that will alleviate back pain. A variety of tips for minimizing back pain are incorporated throughout the workshop.

Instructor: Nancy Davidson.

Anne Gordon Center for Active Adults		Course Fee: \$8	
#158308	Aug 11-Sep 1 M	5:00 PM-6:00 PM	

Five Points Center for Active Adults		Course Fee: \$8	
#158307	Jun 2-23 M	10:30 AM-11:30 AM	

### Qi Gong: Qi Gong for Arthritis

This class will use the art of Qi Gong (chee-gong) to help treat joints affected by arthritis to keep them moving and pain-free.

Instructor: Michael Hronas.

Anne Gordon Center for Active Adults		Course Fee: \$8	
#158316	May 2-30 F	11:30 AM-12:15 PM	
#158317	Jun 6-27 F	11:30 AM-12:15 PM	
#158318	Jul 11-25 F	11:30 AM-12:15 PM	
#158319	Aug 1-29 F	11:30 AM-12:15 PM	

Five Points Center for Active Adults		Course Fee: \$8	
#158312	May 7-28 W	10:00 AM-10:45 AM	
#158313	Jun 4-25 W	10:00 AM-10:45 AM	
#158314	Jul 2-30 W	10:00 AM-10:45 AM	
#158315	Aug 6-27 W	10:00 AM-10:45 AM	





## Fitness cont.

### Qi Gong: Therapeutic QiGong

The 24 simple movements of QiGong (chee-gong) are designed to promote energetic and visceral (internal organ) health for the participant. By creating good energy flow in the body many diseases are thwarted or reversed. This is a beginner level class. Instructor: Michael Hronas.

#### Anne Gordon Center for Active Adults Course Fee: \$8

#158291	May 2-30	F	10:30 AM-11:15 AM
#158292	Jun 6-27	F	10:30 AM-11:15 AM
#158293	Jul 11-25	F	10:30 AM-11:15 AM
#158294	Aug 1-29	F	10:30 AM-11:15 AM
#158295	May 6-27	Tu	10:30 AM-11:15 AM
#158296	Jun 3-24	Tu	10:30 AM-11:15 AM
#158297	Jul 1-29	Tu	10:30 AM-11:15 AM
#158298	Aug 5-26	Tu	10:30 AM-11:15 AM

#### Five Points Center for Active Adults Course Fee: \$8

#158299	May 2-30	F	9:15 AM-10:00 AM
#158300	Jun 6-27	F	9:15 AM-10:00 AM
#158301	Jul 11-25	F	9:15 AM-10:00 AM
#158302	Aug 1-15	F	9:15 AM-10:00 AM

### QiGong: Chair Based QiGong

The 24 simple movements of QiGong (chee-gong) are designed to promote energetic and visceral (internal organ) health for the participant. By creating good energy flow in the body many diseases are thwarted or reversed. This is a beginner level class. Instructor: Michael Hronas.

#### Five Points Center for Active Adults Course Fee: \$8

#158282	May 6-27	Tu	9:15 AM-10:00 AM
#158283	Jun 3-24	Tu	9:15 AM-10:00 AM
#158284	Jul 1-22	Tu	9:15 AM-10:00 AM
#158285	Aug 5-26	Tu	9:15 AM-10:00 AM
#158286	May 1-29	Th	9:15 AM-10:00 AM
#158287	Jun 5-26	Th	9:15 AM-10:00 AM
#158288	Jul 3-31	Th	9:15 AM-10:00 AM
#158289	Aug 7-28	Th	9:15 AM-10:00 AM

### Seniorcise

Low impact exercises for adults 50 and over. Strengthen muscles and improve your movement for a healthier lifestyle. The goal of this class is to improve balance, flexibility and strength through stretching, light weights, and aerobic activity.

#### Anne Gordon Center for Active Adults Course Fee: \$8

Instructor: Lorraine Norris

#159323	May 6-27	Tu	9:15 AM-10:00 AM
#159324	Jun 3-24	Tu	9:15 AM-10:00 AM
#159325	Jul 1-29	Tu	9:15 AM-10:00 AM
#159326	Aug 5-26	Tu	9:15 AM-10:00 AM
#159347	May 1-29	Th	9:15 AM-10:00 AM
#159328	Jun 5-26	Th	9:15 AM-10:00 AM
#159329	Jul 3-31	Th	9:15 AM-10:00 AM
#159330	Aug 7-28	Th	9:15 AM-10:00 AM

#### Greystone Community Center Course Fee: \$8

Instructor: Lauren Llewellyn

#155452	May 5-26	M	10:00 AM-10:45 AM
#155453	Jun 2-30	M	10:00 AM-10:45 AM
#155454	Jul 7-28	M	10:00 AM-10:45 AM
#155455	Aug 4-25	M	10:00 AM-10:45 AM
#155456	May 2-30	F	10:00 AM-10:45 AM
#155435	Jun 6-27	F	10:00 AM-10:45 AM
#155457	Jul 11-25	F	10:00 AM-10:45 AM
#155463	Aug 1-29	F	10:00 AM-10:45 AM

### Seniorcise Cont.

#### Lake Lynn Community Center

Course Fee: \$8

Instructor: Lauren Llewellyn

#155436	May 6-27	Tu	9:00 AM-9:45 AM
#155437	Jun 3-24	Tu	9:00 AM-9:45 AM
#155438	Jul 1-29	Tu	9:00 AM-9:45 AM
#155439	Aug 5-26	Tu	9:00 AM-9:45 AM
#155440	May 1-29	Th	9:00 AM-9:45 AM
#155441	Jun 5-26	Th	9:00 AM-9:45 AM
#155442	Jul 3-31	Th	9:00 AM-9:45 AM
#155443	Aug 7-28	Th	9:00 AM-9:45 AM

#### Powell Drive Neighborhood Center Course Fee: \$8

Instructor: Bill Unger

#155444	May 6-27	Tu	2:00 PM-3:00 PM
#155445	Jun 3-24	Tu	2:00 PM-3:00 PM
#155446	Jul 1-29	Tu	2:00 PM-3:00 PM
#155447	Aug 5-26	Tu	2:00 PM-3:00 PM
#155448	May 1-29	Th	2:00 PM-3:00 PM
#155449	Jun 5-26	Th	2:00 PM-3:00 PM
#155450	Jul 3-31	Th	2:00 PM-3:00 PM
#155451	Aug 7-28	Th	2:00 PM-3:00 PM

### Seniors In Motion

This class includes stretching and flexibility movements, as well as low impact cardio exercise, strength training with light weights and other toning elements. Instructor: Bettie Ittenbach.

#### Laurel Hills Community Center Course Fee: \$8

#158103	May 7-28	W	10:15 AM-11:15 AM
#158107	May 2-30	F	10:15 AM-11:15 AM

\*\*Class will not meet in June, July, or August\*\*

### Silver Cardio

Classes start with basic warm up moves, followed by 30 minutes of constant low impact moves, with a 'burst' of fun moves added in the session, such as gentle boxing, floor exercises and balance elements. You'll break a sweat and have lots of fun! This is an intermediate level class.

Instructor: Bettie Ittenbach.

#### Five Points Center for Active Adults Course Fee: \$8

#156686	May 6-27	Tu	1:00 PM-2:00 PM
#156687	Jun 3-24	Tu	1:00 PM-2:00 PM
#156688	Jul 1-22	Tu	1:00 PM-2:00 PM
#156689	Aug 5-26	Tu	1:00 PM-2:00 PM
#158087	May 1-29	Th	1:00 PM-2:00 PM
#158088	Jun 5-26	Th	1:00 PM-2:00 PM
#158089	Jul 3-31	Th	1:00 PM-2:00 PM
#158090	Aug 7-28	Th	1:00 PM-2:00 PM

### Tai Chi Chih - Beginner Level

Tai Chi Chih consists of 19 flowing moves to balance and Circulate energy (chi). Students of all levels experience benefits such as decreased stress/anxiety, improved balance, and increased muscle flexibility. Instructor: Adrienne McKenzie.

#### Five Points Center for Active Adults Course Fee: \$8

#158215	May 5-19	M	10:00 AM-11:00 AM
#158216	Jun 2-30	M	10:00 AM-11:00 AM
#158217	Jul 7-28	M	10:00 AM-11:00 AM
#158218	Aug 4-25	M	10:00 AM-11:00 AM

## Fitness cont.

### **Tai Chi Chih- Intermediate Level**

This class is for those that have taken the beginner level course and are familiar with the moves and poses of Tai Chi Chih. Students will experience benefits such as decreased stress/anxiety, improved balance, and increased muscle flexibility. Instructor: Adrienne McKenzie.

<b>Five Points Center for Active Adults</b>				Course Fee: \$8
#158219	May 5-19	M	11:00 AM-12:15 PM	
#158220	Jun 2-30	M	11:00 AM-12:15 PM	
#158221	Jul 7-Aug 4	M	11:00 AM-12:15 PM	
#158222	Aug 4-25	M	11:00 AM-12:15 PM	

### **T'ai Chi for Active Adults - Advance Beginners**

This class is for those who have taken the beginner level course. T'ai Chi is a low/no impact slow motion exercise consisting of a series of motions. This exercise can be adapted for anyone from all ability and fitness levels. Benefits include: enhanced immune system, lower blood pressure, reduced chronic pain and much more. Instructor: Michael Hronas

<b>Anne Gordon Center for Active Adults</b>				Course Fee: \$8
#158200	May 6-27	Tu	11:30 AM-12:15 PM	
#158201	Jun 3-24	Tu	11:30 AM-12:15 PM	
#158202	Jul 8-29	Tu	11:30 AM-12:15 PM	
#158203	Aug 5-26	Tu	11:30 AM-12:15 PM	

### **T'ai Chi for Active Adults - Beginner**

T'ai Chi is a low/no impact slow motion exercise consisting of a series of motions. This exercise can be adapted for anyone from all ability and fitness levels. Benefits include: enhanced immune system, lower blood pressure, reduced chronic pain and much more. Instructor: Michael Hronas.

<b>Anne Gordon Center for Active Adults</b>				Course Fee: \$8
#158204	May 5-19	M	1:00 PM-1:45 PM	
#158205	Jun 2-30	M	1:00 PM-1:45 PM	
#158206	Jul 7-28	M	1:00 PM-1:45 PM	
#158207	Aug 4-25	M	1:00 PM-1:45 PM	

### **Total Body Conditioning**

This class will strengthen your mind and body! Improve your quality of life by building strength and balance—both are essential to maintaining physical independence. Instructor: Jane Stenhouse.

<b>Five Points Center for Active Adults</b>				Course Fee: \$8
#155476	May 6-27	Tu	1:00 PM-2:00 PM	
#155477	Jun 3-24	Tu	1:00 PM-2:00 PM	
#155478	Jul 1-29	Tu	1:00 PM-2:00 PM	
#155479	Aug 5-26	Tu	1:00 PM-2:00 PM	
#155480	May 1-29	Th	1:00 PM-2:00 PM	
#155481	Jun 5-26	Th	1:00 PM-2:00 PM	
#155482	Jul 3-24	Th	1:00 PM-2:00 PM	
#155483	Aug 7-28	Th	1:00 PM-2:00 PM	

### **Wednesday Walk and Wellness**

Enjoy a walk in the Five Points area near the Active Adult Center. Social walkers and speed walkers are invited to join this fun group. Proper warm up and cool down techniques are included. Instructor: Jane Stenhouse.

<b>Five Points Center for Active</b>				Course Fee: \$0
#155484	May 7-Aug 27	W	9:15 AM-10:15 AM	

### **Total Body Toning**

Weight-bearing exercise is especially important as we age. This intermediate level class incorporates hand weights, resistance tubing, and our own body weight to provide resistance, build strength, and improve flexibility of the joints.

Instructor: Kathy Cassidy.

<b>Five Points Center for Active Adults</b>				Course Fee: \$8
#158224	May 7-28	W	11:30 AM-12:30 PM	
#158225	Jun 4-25	W	11:30 AM-12:30 PM	
#158226	Jul 2-30	W	11:30 AM-12:30 PM	
#158227	Aug 6-27	W	11:30 AM-12:30 PM	
#158228	May 2-30	F	11:30 AM-12:30 PM	
#158229	Jun 6-27	F	11:30 AM-12:30 PM	
#158230	Jul 11-25	F	11:30 AM-12:30 PM	
#158231	Aug 1-29	F	11:30 AM-12:30 PM	

### **What is Acupuncture?**

Acupuncture is an alternative medicine methodology originating in ancient China. Nancy Davison, licensed acupuncturist and physical therapist, will talk about the differences between Western (American, allopathic) medicine and Eastern medicine. You will also learn the value of acupuncture, and how the five elements (Earth, Fire, Metal, Water, and Wood) relate to people, personalities, and communication.

<b>Anne Gordon Center for Active Adults</b>				Course Fee: \$5
#158728	Aug 26	Tu	3:45 PM-4:45 PM	
<b>Five Points Center for Active Adults</b>				Course Fee: \$5
#158727	Jun 23	M	11:45 AM-12:45 PM	

### **Yoga-Chair Yoga**

This beginning class includes stretches to increase range of motion, simple balancing poses to strengthen muscles that support joints, and breath awareness to calm. Standing poses may be done with the support of a chair.

<b>Five Points Center for Active Adults</b>				Course Fee: \$8
Instructor: Rose Parli				
#158028	May 6-27	Tu	11:30 AM-12:45 PM	
#158037	Jun 3-24	Tu	11:30 AM-12:45 PM	
#158038	Jul 1-29	Tu	11:30 AM-12:45 PM	
#158039	Aug 5-26	Tu	11:30 AM-12:30 PM	
#158040	May 1-29	Th	11:30 AM-12:45 PM	
#158041	Jun 5-26	Th	11:30 AM-12:15 PM	
#158043	Jul 3-31	Th	11:30 AM-12:15 PM	
#158042	Aug 7-28	Th	11:30 AM-12:15 PM	

Instructor: Jessica Mollet				Course Fee: \$8
#158044	May 6-27	Tu	3:30 PM-4:30 PM	
#158045	Jun 3-24	Tu	3:30 PM-4:30 PM	
#158047	Jul 1-29	Tu	3:30 PM-4:30 PM	
#158046	Aug 5-26	Tu	3:30 PM-4:30 PM	
#158031	May 7-28	W	3:30 PM-4:30 PM	
#158030	Jun 4-25	W	3:30 PM-4:30 PM	
#158029	Jul 2-30	W	3:30 PM-4:30 PM	
#158032	Aug 6-27	W	3:30 PM-4:30 PM	
#158033	May 1-29	Th	3:30 PM-4:30 PM	
#158034	Jun 5-26	Th	3:30 PM-4:30 PM	
#158035	Jul 3-31	Th	3:30 PM-4:30 PM	
#158036	Aug 7-28	Th	3:30 PM-4:30 PM	

### **Laurel Hills Community Center**

Instructor: Bettie Ittenbach				Course Fee: \$8
#158024	May 7-28	W	11:30 AM-12:15 PM	

\*\*Class will not meet in June, July, or August \*\*





## Fitness cont.

### **Yoga-Gentle Yoga for Beginners**

This gentle approach to yoga is structured to accommodate students of all levels and physical abilities. The yoga poses and exercises will be done standing, sitting in a chair, leaning against the wall for support, and using a floor mat. Each class also incorporates yoga breathing exercises to help improve lung capacity and focus, and a period of deep relaxation or meditation. This is a beginner level course.

#### **Five Points Center for Active Adults**

Course Fee: \$8

Instructor: Carol Huncik

#158233	May 5-19	M	3:15 PM-4:15 PM
#158234	Jun 2-30	M	3:15 PM-4:15 PM
#158235	Jul 7-28	M	3:15 PM-4:15 PM
#158236	Aug 4-25	M	3:15 PM-4:15 PM
#158237	May 7-28	W	3:15 PM-4:15 PM
#158238	Jun 4-25	W	3:15 PM-4:15 PM
#158239	Jul 2-30	W	3:15 PM-4:15 PM
#158240	Aug 6-27	W	3:15 PM-4:15 PM

Instructor:

#158244	May 7-28	W	10:30 AM-11:30 AM
#158245	Jun 4-25	W	10:30 AM-11:30 AM
#158246	Jul 2-30	W	10:30 AM-11:30 AM
#158247	Aug 6-27	W	10:30 AM-11:30 AM

### **Zumba® -Gold**

Golden Zumba® is known for zesty Latin and international music, easy to follow moves, and the invigorating party-like atmosphere of the class! This is a dance-fitness class that feels friendly and, most of all, fun! This is an intermediate level class. Instructor: Kathy Cassidy.

#### **Five Points Center for Active Adults**

Course Fee: \$8

#158253	May 6-27	Tu	11:30 AM-12:30 PM
#158254	Jun 3-24	Tu	11:30 AM-12:30 PM
#158255	Jul 1-29	Tu	11:30 AM-12:30 PM
#158257	Aug 5-26	Tu	11:30 AM-12:30 PM
#158249	May 2-30	F	12:30 PM-1:30 PM
#158250	Jun 6-27	F	12:30 PM-1:30 PM
#158251	Jul 11-25	F	12:30 PM-1:30 PM
#158252	Aug 1-29	F	12:30 PM-1:30 PM

## Social

### **Bingo**

This is not your typical Bingo.....we play a variety of games each day from straight bingo, to 4 corners, postage stamp and clear all. Cost is \$1 for 3 cards or 50 cents per card.

#### **Anne Gordon Center for Active Adults**

#158189 May 2-Aug 29 F 10:00 AM-12:00 PM

#### **Five Points Center for Active Adults**

#158194 May 7-Aug 20 W(1st/3rd) 2:00 PM-4:00 PM

### **Bridge for Active Adults - Open Play**

Join other bridge players for this open play program. All experience levels are welcome.

#### **Five Points Center for Active**

Course Fee: \$0

#156664 May 1-Aug 28 Th 10:00 AM-12:00 PM

#156665 May 2-Aug 29 F 12:30 PM-3:00 PM

### **Cards and Maj Jongg Open Play**

Join others for Bridge, Canasta, Poker, Mah Jongg and more. Bring your supplies or use ours.

#### **Anne Gordon Center for Active Adults**

Course Fee: \$0

#156678 May 2-Aug 29 F 2:00 PM-4:00 PM

#156679 May 6-Aug 26 Tu 1:00 PM-3:00 PM

### **Game Day**

Join you fellow game players for canasta, dominoes, and other board games. Bring your own games to share with the group if you wish.

#### **Five Points Center for Active Adults**

Course Fee: \$0

#158208 May 5-Aug 25 M 2:00 PM-5:00 PM

### **Mah Jongg Beginners**

Mah Jongg is a tile game that can be traced back to the 1800s. Recently a growing number of people are realizing the Intellectual challenge Mah Jongg poses and the beauty and excitement of the game.

#### **Five Points Center for Active Adults**

Course Fee: \$0

#158211 May 1-29 Th 2:00 PM-4:00 PM

#### **Greystone Community Center Adults**

Course Fee: \$0

#158210 May 5-26 M 2:00 PM-4:00 PM

### **Mah Jongg Intermediate**

These intermediate workshops are for those who have been through the Mah Jongg beginners workshop or have played the game in the past and need a refresher course.

#### **Five Points Center for Active**

Course Fee: \$0

#158213 May 1-29 Th 2:00 PM-4:00 PM

#### **Greystone Community Center**

Course Fee: \$0

#158212 May 5-19 M 2:00 PM-4:00 PM

### **Men's Monday Mornings**

Men, are you looking for a place to hang out, play some games, make new friends and socialize that is for guys only? Men's Monday Mornings is just what you are looking for. Drop in and enjoy coffee, play card games, participate in a game of Cornhole, or just visit.

#### **Anne Gordon Center for Active Adults**

Course Fee: \$0

#158276 May 5-Aug 25 M 9:00 AM-12:00 PM

## Social cont.

### Monday Movie Matinees

Enjoy everything from new releases to the classics. Light refreshments are served. For a movie list please call 919-996-4730

**Five Points Center for Active Adults** Course Fee: \$2  
#158277 May 5-Aug 25 M 2:00 PM-4:00 PM

### Read and Go

The Read and Go series combines the best reading and travel. Participants will read a select group of fiction and nonfiction books based on NC locations and travel to these sites to explore the areas the books are based upon. If you would like to receive information on the trips planned for the books please sign up for the ongoing mailing list.

#159399 Read and Go mailing list  
**Anne Gordon Center for Active Adult** Class Fee: \$0  
The Art of Keeping Secrets by Pattie Henry  
#159403 Aug 25 M 1:00 PM-2:30 PM

### Read and Watch

We have selected authors who have had movies created based on their books. Read the book, have a book discussion, then watch the movie that is based on the book.

**Anne Gordon Center for Active Adults** Class Fee: \$0  
Eat, Pray, Love by Elizabeth Gilbert  
#159404 Jun 30 M 1:00 PM-3:30 PM

### Seniors Craft Group

Join your fellow crafters for this craft program. Bring your own unfinished items to work on, or assist with projects for donation to local hospitals and charitable organizations.

**Five Points Center for Active Adults** Course Fee: \$0  
#158197 May 1-Sep 2 M-Th 10:00 AM-12:00 PM

### Thursday Theatre

Enjoy snacks while you watch a movie with your friends. It's a great place to make friends and socialize. Pre-registration highly recommended due to popularity. Call 919-996-4720 for a movie list

**Anne Gordon Center for Active Adults** Course Fee: \$2  
#158223 May 1-Aug 28 Th 10:15 AM-12:00 PM

### XBox eXergamers Wellness Club

Come and learn how to use the XBox video game system, similar to a Wii, to exercise and socialize with others. Instruction on how to play the games (and how to work the game system!) will be provided.

**Five Points Center for Active Adults** Course Fee: \$0  
#158232 May 7-Aug 27 W 2:00 PM-4:00 PM



## Sports

### Horseshoes

Practice your horseshoes skills with other adults. Equipment is provided.

**Athens Drive High School** Course Fee: \$0  
#156708 May 3-Aug 30 Sa, Tu 9:00 AM-10:30 AM

### Pickleball

Pickleball is wonderful fitness and social activity that combines racquetball, tennis and table tennis. It is played on a smaller version of a tennis court. No experience is necessary, and all equipment is provided.

**Optimist Community Center** Course Fee: \$0  
#157206 May 6-29 Tu, Th 12:30 PM-2:30 PM

### Shuffleboard

Practice and play shuffleboard with other adults. Equipment is provided.

**Athens Drive High School** Course Fee: \$0  
#158198 May 3-Sep 2 Sa, Tu 9:00 AM-12:00 PM

### Table Tennis Free Play

Learn to play table tennis - all ability levels are welcome. All equipment is provided.

**Five Points Center for Active Adults** Course Fee: \$0  
#158214 May 5-Aug 25 M 1:00 PM-3:00 PM

## Fun Golfers

The Raleigh Fun Golfers is open to men and women age 55 and over. Join the fun and fellowship with other golfers. All experience and skill levels are welcome to join.

Monthly tournaments are held the last Tuesday and Wednesday each month from April through October. These are 18-hole flighted tournaments, with awards given for both low net and low gross scores. Superball tournaments, trips to other area courses, a spring trip to the Pinehurst area, and a fall beach trip and an end of the season banquet are also held.

Annual dues are \$45.00 per year. The membership year is from January 1 – December 31. Membership fees are not pro-rated during the year. Members are assigned a Fun Golfers membership number card, which can be picked up at Wil-Mar Golf Club after your payment has been processed.

Members of Fun Golfers can play at a reduced rate of \$14.00 green fee and \$8.00 cart fee at Wil-Mar Golf Club Monday through Friday year-round.

For information and registration please call 919-996-4730

“Raleigh Parks and Recreation offers many wonderful classes, seminars and trips to the Senior population. There is no reason why any senior who has retired should be bored. There is so much to do. I attend several classes a week and I have been to many brain and health seminars. I have also attended a couple of trips. I am very impressed with all of the events.” Anonymous



# Golden Years Senior Clubs

Clubs are composed of persons age 55 and better. Anyone meeting the age requirements may join. Club activities vary from club to club and may include social, trips, cards, games, and luncheons. Contact the club leader for specific club information.

## Asbury Joy Club

Asbury UMC  
3<sup>rd</sup> Thursday, 11:00am  
Betty (919) 571-8884

## Best Is Yet To Be

Powell Dr. Comm. Center  
1<sup>st</sup>/3<sup>rd</sup> Friday, 10:00am  
Mary Lou (919) 846-0492

## Brier Creek Senior Club

Brier Creek Comm. Center  
Tuesdays, 10:00am  
Linda (919) 420-2340

## Caraleigh Club

Caraleigh Comm. Clubhouse  
Tuesdays, 10:00am  
Mary Lou (919) 846-0492

## Carolina Pines Club

St. Barnabus Church  
2<sup>nd</sup> Wednesday, 10:30am  
Tonya (919) 831-6435

## Catholic Golden Age

Our Lady of Lourdes Catholic  
1<sup>st</sup> Sunday, 1:30pm  
Ed (919) 217-9580

## E-Streeters Club

Edenton Street UMC  
3<sup>rd</sup> Tuesdays, 11:30am  
Susan (919) 832-7535

## Fellowship Club

West Raleigh Presbyterian Ch  
2<sup>nd</sup>/4<sup>th</sup> Tuesday, 10:00am  
Laura (919) 851-7042

## Fifty-Five Plus Club

Anne Gordon Center  
Wednesdays, 09:15am  
Martha (919) 847-3686

## First Cosmopolitan Club

First Cosmopolitan Baptist Ch  
3<sup>rd</sup> Wednesday, 1pm  
Gene (919) 266-1222

## Gems

Watts Chapel Baptist Church  
1st/3rd Wednesdays, 10:00 am  
Shirley (919) 781-6532

## Go-Getters Club

Stonehenge Apts. Clubhouse  
2<sup>nd</sup>/4<sup>th</sup> Thursday, 10:00am  
MC, S, T, L, NS  
Betty (919) 846-2632

## Golden Circle Club

Lions Park Comm. Center  
2<sup>nd</sup> Monday, 10:00am  
Helen (919) 250-0058

## Golden Eagles Club

Top Greene Center  
Wednesdays, 11:00am  
Carletta (919) 250-2730

## Golden Jewels

St. Paul AME Church  
Wednesdays, 10:00am  
Valerie (919) 789-2266

## Grand Age Club

Hayes Barton United Methodist  
Thursdays, 11:15am  
Margie (919) 467-0572

## Heddingham Hi-Milers

Willow Oak Clubhouse  
3<sup>rd</sup> Tuesday, 10:30am  
Bob- (919) 649-4738

## Jaycee Park Club

Five Points Adult Center  
Wednesdays, 9:30am  
Doris (919) 510-9932

## Joy Club

North Raleigh UMC  
Wednesdays, 11:00am  
Cletha (919) 847-5988

## Keenagers Club

White Memorial Presbyterian  
Thursdays, 10:30am  
Judy (919) 834-3424

## Lake Lynn Seniors

Lake Lynn Comm. Center  
Tuesdays, 10:00am  
Karen (919) 841-0324

## Laurel Hills Bridge Club

Laurel Hills Comm. Center  
Tuesdays, 10:15am  
Cindy (919) 420-2383

## Lions Park Club

Lions Park Comm. Center  
1<sup>st</sup>/3<sup>rd</sup> Wednesday, 10:00am  
Jason (919) 831-6995

## Lords & Ladies

Jaycee Comm. Center  
Visually Impaired Club  
2<sup>nd</sup> Tuesdays  
VIP Staff (919) 807-5403

## OCBC Twilighters

Oak City Baptist Church  
1<sup>st</sup>/3<sup>rd</sup> Wed- 11:30am  
James (919) 477-6737

## Parkview Manor

Parkview Manor Apartments  
2<sup>nd</sup> Tuesday, 2:00pm  
Juanita (919) 821-7728

## Platinum Plus

Sanderford Rd Center  
Wednesdays, 10:30am  
Ricky (919) 250-2757

## Prime Timers Club

Hillyer Memorial Church  
3<sup>rd</sup> Thursday, 10:30am  
Dick (919) 851-3046

## Pullen Park Club

Pullen Park Comm. Center  
Wednesdays, 10am  
Robbie (919) 831-6052

## Quail Hollow Club

Eastgate Center  
Wednesdays, 9:45am  
Susan (919) 870-0557

## Roberts Park SR Club

Roberts Park Comm. Cntr  
Wednesdays, 10:30am  
Sherri (919) 831-6830

## Snappy Seniors

Marsh Creek Comm. Center  
1<sup>st</sup> and 3<sup>rd</sup> Monday, 10am  
Anne (919) 231-0363

## St. Francis Club

St. Francis of Assisi Parish  
2<sup>nd</sup> Wed 11am, 4<sup>th</sup> Wed 12pm  
Joan (919) 449-0998

## St. Joseph's Seniors

St. Joseph's Catholic Church  
3rd Sunday 1pm  
4<sup>th</sup> Thur. dinner  
Lorraine (919) 266-3889

## Smiling Age Club

Biltmore Hills Comm. Center  
Tuesdays, 10:00am  
Kenny (919) 831-6895

## Tabernacle 55+ Club

Tabernacle Baptist Church  
1<sup>st</sup>/3<sup>rd</sup> Thursday, 11:30am  
Peggy (919) 872-2508

## Thirty-Niners Club

First Baptist Church  
Thursdays, 10:30am  
Mary Alice (919) 832-4485

## Touch of Love

St. Matthew Baptist Church  
2<sup>nd</sup>/4<sup>th</sup> Wednesday, 10:00am  
Dee (919) 630-0320

## The Trailblazers

Mt. Pleasant Baptist Church  
10720 Falls of the Neuse Rd  
2nd Tuesday 10:30 am  
Lizzie (919) 847-0831

## Trinity JOY Club

Trinity UMC  
3<sup>rd</sup> Tuesday, 11:00am  
Mary (919) 845-9626

## Wakefield Plantation Sr.

Gardens at Wakefield  
1<sup>st</sup> Monday, 2:00pm  
Patrick A (919) 554-2520

## Wakefield Villagers Club

Villages of Wakefield  
2<sup>nd</sup>/4<sup>th</sup> Tuesday, 9:00am  
Margaret (919) 556-9541

## Worthdale Walkers Club

Worthdale Comm. Center  
Thursdays, 11:00am  
Carletta (919) 250-2730

## Young at Heart Club

Five Points Adult Center  
2<sup>nd</sup>/4<sup>th</sup> Wednesday, 10:00am  
Carolyn (919) 852-0515

***This information is not to be used for solicitation purposes .***

## Adult Program Trips

### Day Trips

#### **Salisbury, NC      NC Transportation Museum      May 2, Friday**

The NC Transportation Museum 57 acre site, home to many exhibits that showcase all forms of transportation used throughout the state. Trip also includes a narrated ride on a historic train,

#### **Gold Hill, NC      Read and Go Trip      May 22, Thursday**

This trip is based on John Hart's book: The King of Lies. Enjoy an Amtrak ride, Trolley transportation with a narrated guided tour of Salisbury and Gold Hill Village, BBQ catered lunch and a tour of Dr. Josephus Hall House and Rowan Museum.

#### **Selma, NC      The American Jubilee Show      June 21, Saturday**

The American jubilee Show will have you laughing, singing, and filled with American Pride. We will enjoy a delicious lunch at Holt Lake Barbeque.

#### **NC Winery      Winery Tour      September: TBA**

Enjoy the breathtaking beauty and a wine tasting on a tour of one of North Carolina's many wineries.

### Overnight Trips

#### **Alaska Land and Sea Tour      July 24-Aug 4, 2014**

This 12-day tour features a 7-night cruise and the sites of Fairbanks, Denali, Juneau, and a railroad railcar. Registrations is open for this trip.

#### **Paris & Normandy      November 6-14, 2014**

This 9-day trip marks the 70th anniversary of the D-Day landings. The trip features the Loire Valley, Mont St. Michel, Chateau de Chambord, and three nights in Paris. Registration is open for this trip.

**Trip fliers and registration forms can be found on the website at [www.raleighnc.gov](http://www.raleighnc.gov) keyword search Adult Programs or by calling one of the Active Adult Centers. If you are interested receiving informational fliers on all trips. just ask the staff for an Adult Program Trip Brochure. This brochure offers a request form that allows you the opportunity to receive all of the trips you are interested in either by email or mail.**

**All trips will depart from the  
Anne Gordon Center for Active Adults  
1901 Spring Forest Rd, Raleigh, NC 27615**

**Remember: Trips fill up fast!  
Submit your registration  
form early!**

## ADDITIONAL RESOURCES

#### **Resources for Seniors      919-996-4738      [www.resourcesforseniors.com](http://www.resourcesforseniors.com)**

Susan McGuire, Resources for Seniors Information and Referral Specialist

Resources for Seniors has an Information and Referral Specialist housed at the Five Points Center for Active Adults and is available by appointment to meet one on one with individuals at the Anne Gordon Center for Active Adults .

#### **Meals On Wheels      919-996-4739      [www.wakemow.org](http://www.wakemow.org)**

Ann Vaughn, Nutrition Site Manager

The Five Points Center for Active Adults is a Meals on Wheels Congregate Lunch site. The congregated lunch program serves anyone who is 60 or older and can get to the Active Adult Center. You must call first for a reservation and complete an application when you arrive.